

WM. B. PRESCOTT DIES.

Noted Labor Leader Expires in Chicago.
William B. Prescott, former President of the International Typographical Union and one of the best known labor leaders in the United States and Canada, is dead at his home in Chicago. Mr. Prescott was taken ill several weeks ago. He was secretary of the International

Typographical Union Commission on Supplemental Education and held office as president of the union from 1891 to 1899. He was well known in New York, where he delivered several lectures on labor questions. He was born in Toronto, Canada.

Osborne Pleads Not Guilty to New Indictment.
WHITE PLAINS, N. Y., Jan. 25.—Thomas Mott Osborne, former warden of Sing Sing, appeared in court here to-day and pleaded not guilty to the superceding indictment charging him with perjury. The new indictment is based on additional testimony to that on which Osborne was first held. The bond of \$500 was continued and furnished by Robert S. Brewster. Osborne's trial was previously set for Feb. 14.

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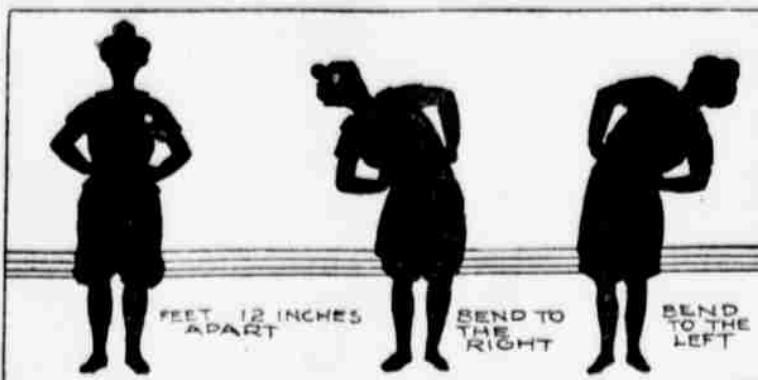
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Diet and Exercise Course

For Women to Reduce In Weight and Figure

In Twenty-Four Daily Lessons Miss Furlong Presents to Her Readers the System of Diet and Exercise by Which She Recently Reduced the Weight of a 210-lb. Woman 23 lbs. in Four Weeks.



TUESDAY'S EXERCISE, ILLUSTRATED.

LESSON NO. 14.—Body Swaying to Reduce Waist.

Back numbers of these lessons may be obtained by sending a 5-cent stamp to Miss Furlong for each lesson desired. Readers are invited to correspond with Miss Furlong, who will reply through the columns of The Evening World. She does not print correspondents' full names.

By Pauline Furlong.

Swaying exercises are illustrated to-day, and these are easy for the beginner, though she may be uncomfortably stout.

This movement reduces the waistline, tones up the abdominal muscles and overcomes constipation and indigestion, and is therefore a valuable exercise for women who are fat as well as for those who are thin.

TO-DAY'S EXERCISE. Stand with the feet about twelve inches apart, hands on the hips to lend balance, shoulders, chest and head well up. Bend the body first to the right side, as far as you can comfortably reach, without moving the feet or bending the knees. This movement is purely a waist exercise and all exertion must come from this region only. If the swaying strains you do not bend over so far or, better still, discontinue it entirely until you have limbered up the waist muscles sufficiently to master it with ease. Sway to each side about ten times.

TO-DAY'S MENU. Luncheon—Baked apple, broiled chopped beef with dropped egg, gluten bread or toast with tea. Dinner—Roast lamb, cauliflower, salad of green beans and cooked chopped carrots on lettuce, sliced pineapple.

HEALTH AND REDUCTION AIDS. When women begin to mature it is the usual custom to take life easier, and rest and sleep more than in youth and still they see no reason why they should give up any of these luxuries, even though they do feel uncomfortable and are fast losing all semblance of a figure. They continue to eat as much and indeed even more than when they were young and exceedingly active and this is a grave mistake. Many common disorders arise from

just this condition and as a consequence constipation, dyspepsia, flatulency, acid stomach and other diseases set in. Of course, superfluous flesh accumulates, bringing with it the usual guinea and sleepiness and depression.

Shortness of breath and poor circulation are other results of insufficient physical activity and too much food and sleep, and the sooner something is done to bring about a different mode of living and an improvement in health the better.

Women who have been accustomed to taking vigorous exercises in youth should map out a daily course of the milder exercises and follow them with determination. The usual amount of food should be reduced and this should be allowed six or seven hours to digest before another meal is eaten.

Those who are engaged in mental work are sorely in need of a systematic course in daily exercises, to bring the blood from the brain and disperse it evenly among the muscles and organs which are starving for it. When any one part of the body is exercised or overworked it naturally takes from others the nourishment to which they are entitled, and causes them to shrivel up and become weak and wholly undeveloped. This condition is frequently in evidence in women who have used a sewing machine for many years and the result will be one well developed leg and the other small and unshapely. Personally I think we make a great mistake in teaching children to use the right hand and arm for everything, as I think nature intended that we use both hands and arms just as we do the legs and feet.

Letters From Readers Who Are Following the Course.

WANTS WEIGHT—MAE B. writes: "I started your diet and exercise and have also taken the vichy and kaiserling waters for the past two weeks and have not lost a single pound and my weight remains exactly the same. Could you tell me what is the trouble? Do you think a Turkish bath once a week would help me any? What should I eat? I weigh 165 pounds and am 5 feet 7½ inches. My cousin has lost seven pounds in the past month through following your course, so I thought I would write and ask you why I cannot do the same."

If you had really followed the exercises and diet just as they have been given you could not help but take off weight. It is not possible to remain fat if you follow the obesity diet to the letter. I am confident that you have

taken sugar, starch or fats in some form. Remember also that you cannot lose in two weeks fat that has been many years accumulating. The Turkish baths will help you to reduce, because they cause profuse perspiration, which is a valuable reducer. A hot bath at night will suffice. You should weigh about 150 pounds.

HEADACHE—MRS. R. F. writes: "Just a few lines to write and then you for what you have done for me. I am practically cured of constipation, which was chronic and of more than ten years standing, and I am now feeling and looking fine. I practice the trunk raising exercises every day religiously. Can you tell me why it is that I get such terrible headaches at night? Sometimes the soreness is just on the top, and at others it seems to go all over the head. My head is so sore I can hardly touch it to comb it at night."

From your description I think you are suffering with neuralgia and this is a symptom of impoverished blood. If you eat and live according to hygienic methods you will overcome this condition. Keep the bowels open and drink much water to purify the blood.

DEVELOP BUST—MILDRED F. asks: "Will you please publish something to develop the bust externally? I do not wish to gain weight. How can I develop the hollows in my shoulders and neck also?"

Practice chest raising to fill in the hollows in the neck and shoulders. Send stamped self-addressed envelope for the external directions.

ABOUT FRUITS—A MAN READ-ER asks: "Please tell which fruits are wholesome." All fruits are wholesome. Grapes and bananas are fattening.

DIZZINESS AND WEAKNESS—MRS. HORACE M. asks: "I have recently had an attack of dizziness and weakness, and it lasted two weeks. Can you tell me if the exercises caused this?"

Overdoing the exercises, against which I am continually warning my readers, may cause dizziness. Overwork, worry and generally lowered vitality are most likely the cause. Do not starve yourself in order to reduce. Do not exercise until two hours after a meal.

COLD BATHS—MRS. EUGENE R. asks: "Do you advocate the cold bath in the morning, even if it gives the person a shock and leaves one cold and purplish looking? Do you think that if I continue to take them I will get hardened to them and accustom my body to them?"

I never advocate the very cold bath, unless it is preceded by the very hot one to prepare the body for the shock. You should be pink and all aglow and the body should feel quite warm and stimulated after the hot and cold bath. A tepid shower in the morning is stimulating if you are quite strong enough to react immediately after it. You can never accustom the body to the very cold bath unless you take a hot one first, as you are lowering your vitality every time you leave yourself in the condition you mention.

MRS. MOHR READY TO TELL STORY ON WITNESS STAND

(Continued from First Page.)

for the State to-day. Questioned by Deputy Attorney General Phillips, Heals told of a visit to his brother and Victor Brown and Henry Spellman, the accused negroes, in Bristol jail on Sept. 3.

Q. What did you say to Brown that day? A. I said "For God's sake, boy, what have you done?"

Q. What did he reply? A. He said "I done it! I done the trick! I plugged the doctor and Spellman plugged Miss Burger!" And Spellman looked up and said, "Yes, I done it!"

Heals testified that he had received a note from Victor Brown addressed to Mrs. Mohr in relation to his clothes at the doctor's house and the delivery of the motorcycle to Nelson Heals, another brother of the chauffeur. He said he had seen Mrs. Mohr and George Heals together but once before Heals went into Dr. Mohr's employment. This was when Heals had demonstrated a motor car to her in a run to Boston in February, 1915.

Mr. Lewis, counsel to Victor Brown, went at Heals with great vigor in cross-examination. The witness admitted he was angry over the treatment his brother George had received, and that he was doing all he could to save his brother.

Q. What did Brown say to you after he told you he had shot Dr. Mohr? A. He asked me to go see Mrs. Mohr and ask her what she was going to do.

Q. Did you go? A. No; I didn't think it was any of my business. Mr. Lewis grilled the witness about coming forward to "add his little bit" to save George Heals, if he could, after listening to Heals' testimony in full.

SAYS "ALIBI" NOTE WAS WRITTEN BY BROWN.

Joseph H. Clark, a handwriting expert, was called to testify to a similarity in writing between the note Brown wrote for his clothing and the one he gave to Miss Stevenson known as "the alibi note." He stated the handwriting to be identical.

"What is the handwriting difference between the two notes?" asked Mr. Lewis in cross-examination. "The so called 'alibi note' is not in a natural hand, but in what is designated as a 'disguised hand.' The other note, the one about the clothing, is in a natural hand."

Police Inspector James Ahearn of Providence testified that he had found a bullet in the Mohr motor car the night of the shooting of Dr. Mohr and produced the bullet in evidence. It had been taken from the upholstery in the top of the left forward seat of the car.

Q. From which direction was this bullet fired? A. From the rear of the car.

Ahearn arrested Spellman and took

BERNSTORFF GUEST OF WILSON AT DINNER

German Ambassador and President Will Meet To-Night for First Time in Nearly a Year.

WASHINGTON, Jan. 25.—While Ambassador Bernstorff sitting at Mrs. Wilson's right, the President to-night will entertain at dinner the diplomatic representatives of the Central Powers. It will be the first meeting between the President and the German Ambassador for nearly a year.

Others present will include Charge and Mme. Abdul Hussein Bey of Turkey, and Charge and Baroness Zweidok, Charge and Mrs. Stephen Pargaretos of Bulgaria, and representatives of the neutral nations. The neutral diplomats, who are all expected to be present, will enjoy their second affair of the kind in less than a week.



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